



WESTEND PARK SENIOR CENTER

1226 NW 18th, San Antonio, TX (210) 207-1720

Monday-Friday 7:00 am - 4:00 pm

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Schedule Subject To Change without NOTICE	Exercise and Eat Healthy		COMPUTER CLASSES ON FRIDAYS 9-11 AM	1 Mexican Loteria 8:30 – 9:30 Shopping at Walmart 9:00 AM ZUMBA Gold 10:00 AM
4 Center Closed 	5 Walking at Garrett 9:00 AM Senior Low Impact Fitness 1:00 PM	6 Senior Low Impact Fitness 9:00 AM 10:00 AM Crafts 1:00 PM	7 Mexican Loteria 8:30 – 9:30 Dance w/Jorge 10:15 AM BiHl Haus Arts 1:00 PM	8 Mexican Loteria 8:30 – 9:30 Shopping at HEB 9:00 AM ZUMBA Gold 10:00 AM
11 Walking at Garrett 9:00 AM 10:00 AM ZUMBA Gold 1:00 PM	12 HOPE DISTRIBUTION 9:30 - 10:30 Senior Low Impact Fitness 1:00 PM	13 Senior Low Impact Fitness 9:00 AM 10:00 AM Crafts 1:00 PM	14 Mexican Loteria 8:30 – 9:30 Dance w/Jorge 10:15 AM BiHl Haus Arts 1:00 PM	15 Mexican Loteria 8:30 – 9:30 Shopping at HEB 9:00 AM ZUMBA Gold 10:00 AM
18 Walking at Garrett 9:00 AM 10:00 AM ZUMBA Gold 1:00 PM	19 Walking at Garrett 9:00 AM Senior Low Impact Fitness 1:00 PM	20 Senior Low Impact Fitness 9:00 AM 10:00 AM Crafts 1:00 PM	21 Mexican Loteria 8:30 – 10:00 Dance w/Jorge 10:15 AM BiHl Haus Arts 1:00 PM	22 Mexican Loteria 8:30 – 9:30 ZUMBA Gold 10:00 AM Quarterly Meeting NO MEALS WILL BE SERVED
25 Walking at Garrett 9:00 AM 9:00 AM 10:30 AM ZUMBA Gold 1:00 PM	26 CSFP (Cheese) DISTRIBUTION 9:30 - 10:30 Senior Low Impact Fitness 1:00 PM	27 Senior Low Impact Fitness 9:00 AM 10:00 AM Crafts 1:00 PM	28 Mexican Loteria 8:30 – 10:00 Dance w/Jorge 10:15 AM BiHl Haus Arts 1:00 PM	29 Mexican Loteria 8:30 – 9:30 Shopping at HEB 9:00 AM ZUMBA Gold 10:00 AM



Harry Miller
8:30 - 1 PM
Tuesdays

Health Screenings



WELLMED

8:00 - 3:00
Wednesdays and Fridays

Quarterly Training

NO Meals Will Be Served

July 22, 2022

OASIS **COMPUTER CLASSES** **9:00 AM - 11:00 AM**

iPad Essential/Basics

07/01

Cybersecurity (Online Video)

07/08

Word Basics

07/15 - 08/5

MONDAYS and TUESDAYS

9:00 AM



JULY BIRTHDAYS

Minnie	Tinkle	7/1
Ruperto	Mata	7/8
Maria Olivia	Casillas	7/19
Elidia	Pena	7/20
Consuelo	Silva	7/22
Jack	Fyke	7/26



Birthday Celebration

July 27, 2022 * 12:30 PM**



July 1, 2022

12:30

4th of July

Celebration

Watermelon and Paletas

Movie Day

7/22/22

12:30 PM

POPCORN WILL BE SERVED!



San Antonio Council on
Alcohol & Drug Awareness
COVID Behavioral Health Project

July 25, 2022 Presentation and Activity 09:00 AM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ZUMBA with
PAM
1:00 PM



Senior Low
Impact Fitness
1:00 PM

eliminating racism
empowering women
ywca
San Antonio

Senior Low
Impact Fitness
9:00 AM

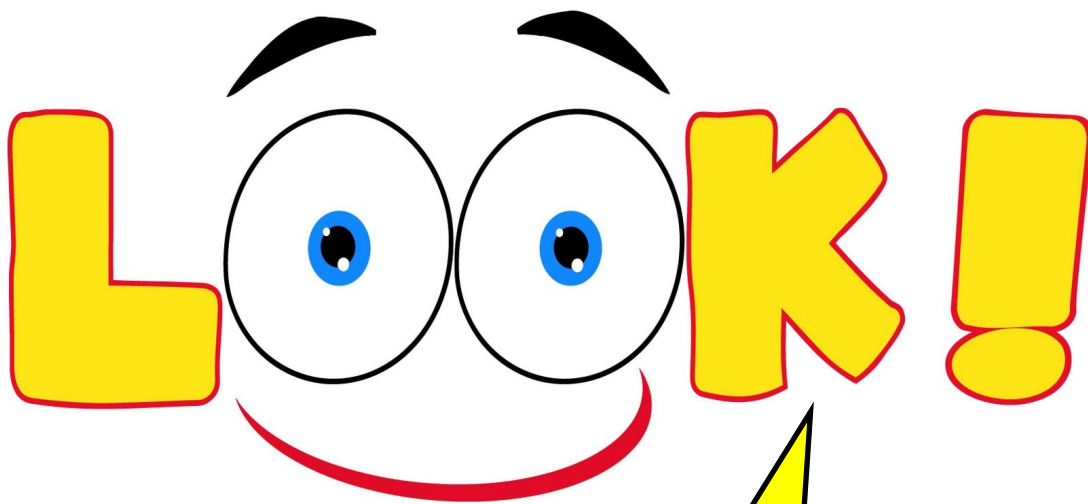
eliminating racism
empowering women
ywca
San Antonio

Dance with
Jorge
10:15 AM

eliminating racism
empowering women
ywca
San Antonio

ZUMBA with
PAM
10:00 AM





CHANGE ON CALENDAR

“Quarterly Training”

CHANGED TO July 22, 2022

NO Meals Will Be Served

There will be meals on

July 15, 2022